SECTION C

PHYSICAL ACTIVITY

LOWER LEVEL

C

PHYSICAL ACTIVITY
INSTRUCTOR'S FACT SHEET

What is physical activity?

- Any activity that gets and keeps the body moving.
- Examples include: walking, running, gardening, house or yard work, sports, cycling, taking the stairs, shoveling snow, planned exercise (e.g. basketball, soccer).

What are the health benefits of physical activity?

- Regular physical activity helps us to keep a healthy body.
- It lowers cholesterol and blood pressure levels.
- It tones the heart (which is a muscle).
- It gives us more energy to do daily activities and to take on more activities.
- It helps us to feel better about ourselves.

How much physical activity is enough?

- A daily accumulation of 30 minutes of moderate intensity activities such as stair climbing, brisk walking, gardening, and participation in recreational activities is enough to improve health.
- Ten minutes of physical activity at moderate intensity (e.g. brisk walking) three times per day gives nearly the same results as 30 minutes of continuous physical activity every day.
- There are 3 types of activities that you need to do to keep your body healthy: endurance, flexibility and strength. For example: running for 30 minutes builds endurance, yoga and stretching exercises improve flexibility, and lifting weights builds strength.
- The longer we spend doing an activity, the greater the health benefits.

How can we help each other to be more physically active?

- The goal is to encourage those who are **not** active to be more active, and to show people how to put more physical activity into their day.
- Encourage people to "do more, more often!"
- Identify physical activities that are easy, convenient and enjoyable. Help people to find activities that match their personal needs, interests and abilities.
- If someone isn't active now, encourage them to start small. For example: take the stairs instead of the elevator, take a walk after dinner, get off the bus one stop earlier and walk home, put on your favourite music and dance.

Adapted from: Active Living Canada (1996). Information kit for media and leaders. Canada: Participaction, The Canadian Fitness and Lifestyle Foundation and the Heart and Stroke Foundation of Canada.

KEY CONCEPTS

1. Being physically active every day promotes heart health.
2. There are many ways to be physically active.

OBJECTIVES

1. Learners will identify three ways to be physically active every day.
2. Learners will identify one way that they can maintain or increase their daily physical activity.
3. Learners will state two benefits of daily physical activity.

MATERIALS

Handout: VOCABULARY

Activities:

BEING ACTIVE IS GOOD FOR YOUR HEART
TYPES OF PHYSICAL ACTIVITY
PHYSICAL ACTIVITY INTERVIEW
TRUE AND FALSE STATEMENTS
FIND IDEAS FOR BEING ACTIVE
BLIZZARD

SUGGESTED LESSON OUTLINE

1. Have learners do pre-reading activity "Being Active is Good for Your Heart". Read or tape it and play tape. Ask learners to underline words they don't understand. Write on board.
2. Review vocabulary.
3. Do discussion questions from "Being Active is Good for Your Heart". Highlight the following:
   - Being physically active every day promotes heart health
   - There are many ways to be physically active
4. Use "Types of Physical Activity", "Physical Activity Interview", "True & False Statements", "Find Ideas for Being Active" and "Blizzard" to reinforce the key concepts.

Vocabulary

benefit (n.) - something that is good for you

cycling (n.) - travelling on a bicycle

daily (adj.) - every day

gardening (n.) - planting and caring for flowers, fruits and vegetables

housework (n.) - activities that keep our houses clean and tidy inside
e.g. vacuuming, sweeping, washing floors

physical activity (n.) - any activity that keeps the body moving

running (n.) - moving quickly on foot

sports (n.) - activities that people do for fun and competition
e.g. running, soccer, football, cricket, tennis, swimming

walking (n.) - moving on foot

yard work (n.) - activities that keep our yards tidy
e.g. raking, digging, cutting the grass

BEING ACTIVE IS GOOD FOR YOUR HEART

Fatima moved to Canada 4 months ago. In her home country, she was active every day. She walked to many places. In Toronto, Fatima finds it hard to be active. She takes the bus to ESL class every morning, and works in the afternoon. She has 2 children in school and a husband. Life is busy with cooking, cleaning, shopping and helping her children learn about their new home. Fatima has heard that physical activity is good for her health, but she has no time.

Discussion Questions

1. What health benefits will Fatima have if she gets physical activity every day?

2. What are some examples of physical activity that Fatima can try?

3. When can Fatima do physical activity in her busy day?

4. What physical activities can Fatima do with her family?

A TYPES OF PHYSICAL ACTIVITY

Put a checkmark ✓ beside those things you consider physical activity.

cutting the grass _____

yard work _____

housework _____

running _____

walking _____

watching T.V. _____

taking the stairs _____

taking the elevator _____

cycling/biking _____

shoveling snow _____

A TYPES OF PHYSICAL ACTIVITY ANSWER SHEET

Put a checkmark ✓ beside those things you consider physical activity.

cutting the grass ✓

yard work ✓

housework ✓

running ✓

walking ✓

watching T.V. _____

taking the stairs ✓

taking the elevator _____

cycling/biking ✓

shoveling snow ✓

PHYSICAL ACTIVITY INTERVIEW

Ask 2 people about the kinds of physical activity they do.

BEGIN WITH: *"Hello. What is your name? Can you spell it for me? What country are you from?"*

NAME: COUNTRY:		
Are you more active in Canada or in your home country?		
What activities did you do in your home country to be active?		
Do you exercise? If yes, how often?		
Do you walk every day? If yes, for how long?		
Do you like to play sports? If yes, which sports?		
What other activities do you do to be active?		
What other activities could you do to be more active?		

A TRUE AND FALSE STATEMENTS

Circle the right answer for each statement.

True	**False**	1. Physical activity is important for good health.
True	**False**	2. Everyone needs to be active for at least 30 minutes every day.
True	**False**	3. The **only** way to get physical activity is to run fast.
True	**False**	4. Only adults need to be physically active every day.
True	**False**	5. People can do many kinds of physical activity.
True	**False**	6. You will have more energy if you are physically active.

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TRUE AND FALSE
ANSWER SHEET

Circle the right answer for each statement.

True	**False**	1. Physical activity is important for good health.
True	**False**	2. Everyone needs to be active for at least 30 minutes every day.
True	**False**	3. The **only** way to get physical activity is to run fast.
True	**False**	4. Only adults need to be physically active every day.
True	**False**	5. People can do many kinds of physical activity.
True	**False**	6. You will have more energy if you are physically active.

FIND IDEAS FOR BEING ACTIVE

Look at the puzzle below. Search for the words in the list and circle them. The words go either across or down.

PLAY / CYCLE / DANCE / HOUSEWORK /

GARDEN / EXERCISE / SWIM / MOVE

B	A	N	M	O	V	E	A	N
R	M	L	G	J	D	H	M	S
L	N	Z	Q	H	L	K	O	W
N	G	D	R	A	P	P	E	I
P	L	A	Y	U	P	P	C	M
M	D	N	Y	O	S	T	G	C
C	Y	C	L	E	F	A	A	G
F	S	E	U	X	E	R	R	S
O	M	B	U	E	T	W	D	R
N	S	T	J	R	N	W	E	M
J	T	S	Q	C	A	G	N	S
H	C	B	U	I	W	A	N	O
Z	E	P	E	S	R	C	S	K
H	O	U	S	E	W	O	R	K

FIND IDEAS FOR BEING ACTIVE ANSWER SHEET

Look at the puzzle below. Search for the words in the list and circle them. The words go either across or down.

PLAY / CYCLE / DANCE / HOUSEWORK /

GARDEN / EXERCISE / SWIM / MOVE

B	A	N	M	O	V	E	A	N
R	M	L	G	J	D	H	M	S
L	N	Z	Q	H	L	K	O	W
N	G	D	R	A	P	P	E	I
P	L	A	Y	U	P	P	C	M
M	D	N	Y	O	S	T	G	C
C	Y	C	L	E	F	A	A	G
F	S	E	U	X	E	R	R	S
O	M	B	U	E	T	W	D	R
N	S	T	J	R	N	W	E	M
J	T	S	Q	C	A	G	N	S
H	C	B	U	I	W	A	N	O
Z	E	P	E	S	R	C	S	K
H	O	U	S	E	W	O	R	K

BLIZZARD

REQUIRES:

- A good supply of soft items that can be thrown safely (e.g. balloons, streamers, sponges, pieces of foam, crinkled up paper, etc.).
- Enough open space to allow for some movement. You need enough space for the class to divide into 2 lines facing each other, with about 6 feet of open space between the 2 lines.

INSTRUCTIONS:

- Divide your space into two halves. Clearly indicate a dividing line. Divide the group into two halves and assign to opposite sides of the dividing line. Approximately half of the throwing items should be on each side. The object of the game is to have as many items OFF your own side as possible.
- At the word “Go”, participants begin throwing items to the other side without crossing the dividing line. The larger the space you are using, the more movement is involved.
- After 90 seconds, call “Stop”, count the items to determine the most successful team and then repeat the activity.